



SENIOR CENTER EXERCISE CLASSES Fall/Winter 2015-16

ZUMBA GOLD

Zumba Gold, designed for adults 50 years of age and older, is an exciting and high-energy aerobic exercise, using Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility.

Code	Day	Dates	Time	Cost
60509	Tuesday/Friday	9/1-9/29	9:00 – 10:00am	\$40.50R/\$45.00NR
60510	Tuesday/Friday	10/2-10/30*	9:00 – 10:00am	\$31.50R/\$35.00NR
60511	Tuesday/Friday	11/3-11/24	9:00 – 10:00am	\$31.50R/\$35.00NR
60512	Tuesday/Friday	12/1-12/18	9:00 – 10:00am	\$27.00R/\$30.00NR
60513	Tuesday/Friday	1/12-1/29	9:00 – 10:00am	\$27.00R/\$30.00NR

* No class on 10/13, 10/16

ZUMBA TONING

We will work every major muscle group. This total body strengthening and toning class uses a variety of resistance options. Our Zumba Toning certified instructor uses dynamic resistance training, resulting in muscle strength, increased bone density, improved mobility, posture and coordination.

Code	Day	Dates	Time	Cost
60514	Wednesday	9/2-9/30	9:00 – 10:00am	\$22.50R/\$25.50NR
60515	Wednesday	10/7-10/28*	9:00 – 10:00am	\$13.50R/\$16.50NR
60516	Wednesday	11/4-11/25*	9:00 – 10:00am	\$13.50R/\$16.50NR
60517	Wednesday	12/2-12/16	9:00 – 10:00am	\$13.50R/\$16.50NR
60518	Wednesday	1/13-1/27	9:00 – 10:00am	\$13.50R/\$16.50NR

*No class on 10/14 and 11/11

FIT FOR FIFTY PLUS

A slower-paced exercise program geared for the mature adult/senior without the movement and mobility required in a more typical aerobic class. Designed to help those who want to be physically fit through easy movement, stretching and relaxation.

Code	Day	Dates	Time	Cost
60504	Tuesday/Friday	9/1-9/29*	10:15 - 11:15am	\$36.00R/\$40.00NR
60505	Tuesday/Friday	10/2-10/30	10:15 - 11:15am	\$40.50R/\$45.00NR
60506	Tuesday/Friday	11/3-11/24	10:15 - 11:15am	\$31.50R/\$35.00NR
60507	Tuesday/Friday	12/1-12/18	10:15 - 11:15am	\$27.00R/\$30.00NR
60508	Tuesday/Friday	1/12-1/29	10:15 - 11:15am	\$27.00R/\$30.00NR

*No class on 9/4

CORE, STRETCH AND BALANCE

This class is designed to increase your general sense of well-being through a series of stretches that will strengthen your core and increase your flexibility, ultimately improving overall balance. The use of light weights will assist in gaining muscle strength and improved mobility. Bring a set of light weights (3-5 lbs.) and a floor exercise mat.

Code	Day	Dates	Time	Cost
60530	Monday	9/14-9/28	8:45 – 9:45am	\$13.50R/\$16.50NR
60531	Monday	10/5-10/26	8:45 – 9:45am	\$18.00R/\$21.00NR
60532	Monday	11/2-11/30	8:45 – 9:45am	\$22.50R/\$25.50NR
60533	Monday	12/7-12/21	8:45 – 9:45am	\$13.50R/\$16.50NR
60534	Monday	1/11-1/25*	8:45 – 9:45am	\$9.00R/\$12.00NR

* No class on 1/18



LINE DANCE – BEGINNING & INTERMEDIATE

Come join this fun, beginner or intermediate line dance class, where you can unwind, meet new friends, and exercise. You will learn all the basic steps for each line dance. Steps are taught slowly and easily. Dances are repeated until you feel comfortable. Previously learned dances will also be reviewed and practiced at each class. No partner necessary.

Code	Day	Dates	Time	Cost
Beg. 60490	Friday	9/11-9/25	1:30 - 2:45pm	\$13.50R/\$16.50NR
Beg. 60491	Friday	10/2-10/30	1:30 - 2:45pm	\$22.50R/\$25.50NR
Beg. 60492	Friday	11/6-11/20	1:30 - 2:45pm	\$13.50R/\$16.50NR
Beg. 60493	Friday	12/4-12/18	1:30 - 2:45pm	\$13.50R/\$16.50NR
Beg. 60494	Friday	1/8-1/29	1:30 - 2:45pm	\$18.00R/\$21.00NR
Int. 60495	Friday	9/11-9/25	3:00 – 4:15pm	\$13.50R/\$16.50NR
Int. 60496	Friday	10/2-10/30	3:00 – 4:15pm	\$22.50R/\$25.50NR
Int. 60497	Friday	11/6-11/20	3:00 – 4:15pm	\$13.50R/\$16.50NR
Int. 60498	Friday	12/4-12/18	3:00 – 4:15pm	\$13.50R/\$16.50NR
Int. 60499	Friday	1/8-1/29	3:00 – 4:15pm	\$18.00R/\$21.00NR

TAI CHI – BEGINNING & INTERMEDIATE

Beginners, intermediate and advanced students will establish and continue to build on fundamentals as well as learn additional moves. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

Code	Day	Dates	Time	Cost
Beg. 60500	Tuesday	9/1-12/8	11:45am – 1:00pm	\$67.50R/\$74.25NR
Beg. 60501	Tuesday	1/12-4/19	11:45am – 1:00pm	\$67.50R/\$74.25NR
Int. 60502	Tuesday	9/1-12/8	1:10pm – 2:25pm	\$67.50R/\$74.25NR
Int. 60503	Tuesday	1/12-4/19	1:10pm – 2:25pm	\$67.50R/\$74.25NR

YOGA –ALL LEVELS

Courses are designed to further the student's knowledge of the practice of Yoga. Included in this course is a continued discussion of the philosophy of Yoga, increased practice of Pranayama (breathing techniques), meditation, and a wider variety of appropriate Asana (Yoga poses).

Code	Day	Dates	Time	Cost
60524	Thursday	9/3-9/24*	10:00 – 11:15am	\$19.50R/\$22.50NR
60525	Thursday	10/1-10/22	10:00 – 11:15am	\$26.00R/\$29.00NR
60526	Thursday	11/5-11/19	10:00 – 11:15am	\$19.50R/\$22.50NR
60527	Thursday	12/3-12/17	10:00 – 11:15am	\$19.50R/\$22.50NR
60528	Thursday	1/4-1/28	10:00 – 11:15am	\$19.50R/\$22.50NR

* No class on 9/10